

COOKING FOR WELLNESS

JUNE 2024



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Caprese Sandwich

This caprese sandwich is fresh from the basil and hearty from thick, crusty ciabatta. The sun-dried tomatoes deepen the flavor. Topping the bread with a layer of basil leaves and using toasted bread helps to keep the sandwich from getting soggy if you need to make it a few hours ahead.

By **Liv Dansky** | Updated on April 19, 2024

✓ Tested by **EatingWell Test Kitchen**

✓ Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Active Time: 5 mins

Total Time: 5 mins

Servings: 1

Nutrition Profile:

Nut-Free Soy-Free Vegetarian High-Protein Egg-Free

Ingredients

2 slices ciabatta, toasted

¼ cup lightly packed fresh basil leaves

2 ounces mozzarella cheese, sliced

2 slices tomato

1 tablespoon chopped sun-dried tomatoes in oil

1 teaspoon balsamic glaze

Directions

Step 1

Top 1 ciabatta slice with half of the basil leaves; top with mozzarella, tomato and sun-dried tomatoes. Drizzle with balsamic glaze and top with the remaining basil leaves and ciabatta slice. Cut in half diagonally and serve.

Originally appeared: EatingWell.com, February 2022

Nutrition Facts

Per serving: **Serving Size 1 sandwich** 376 calories; total fat 16g; saturated fat 8g; cholesterol 40mg; sodium 426mg; total carbohydrate 42g; dietary fiber 3g; total sugars 3g; protein 17g; vitamin c 19mg; calcium 229mg; iron 3mg; potassium 307mg

Chickpea Salad Sandwich

This vegan chickpea salad sandwich is lemony, bright and surprisingly delicious. It's got all the flavors of a classic tuna salad sandwich—dill, lemon and a bit of garlic—but with chickpeas instead to add a vegan source of protein and a healthy boost of fiber. Celery brings a nice crunch.

By **Anna Theoktisto** | Updated on September 19, 2023

✓ Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

✓ Tested by **EatingWell Test Kitchen**

Active Time: 10 mins

Total Time: 10 mins

Servings: 4

Nutrition Profile:

Nut-Free Dairy-Free Healthy Pregnancy High-Fiber Vegan Vegetarian High-Protein Egg-Free

Ingredients

2 (15.5 ounce) cans no-salt-added chickpeas, rinsed

6 tablespoons extra-virgin olive oil

3 tablespoons lemon juice

2 teaspoons Dijon mustard

½ teaspoon garlic powder

½ cup finely chopped celery

¼ cup finely chopped fresh dill

⅛ teaspoon salt

⅛ teaspoon ground pepper

4 tablespoons vegan mayonnaise

8 slices whole-grain bread, toasted

4 green lettuce leaves

4 thin slices red onion

4 tomato slices

Directions

Step 1

Combine chickpeas, oil, lemon juice, mustard and garlic powder in a large bowl. Using a fork or potato masher, crush the chickpeas until most are mashed but some are still whole. Stir in celery, dill, salt and pepper.

Step 2

Spread 1 tablespoon mayonnaise on 1 side of each of 4 slices of bread. Top evenly with lettuce, onion, tomato and chickpea mixture. Top with the remaining 4 slices of bread.

Originally appeared: EatingWell.com, November 2021; updated March 2023

Nutrition Facts

Per serving: **Serving Size 1 sandwich** 623 calories; total fat 35g; saturated fat 5g; sodium 469mg; total carbohydrate 58g; dietary fiber 12g; total sugars 7g; protein 18g; potassium 607mg

Best Veggie Burger We've Ever Made

PREP 40min COOK 45min TOTAL 1hrs 25min

These are the best veggie burgers we've made. There's no getting around the fact that veggie burgers take longer to make than regular hamburgers, but these vegetable-packed burgers are well worth it (trust me). The steps are easy, so stick with me. You can do this!

I use a food processor to make veggie burgers and highly recommend that you use one, too. If you only have a blender, you can use it to chop the veggies and other ingredients, but you will need to scrape the sides down a few more times (the food processor really is the better tool for this recipe).

Makes 8

YOU WILL NEED

- 1 (15-ounce) can black beans or 1 ½ cups [cooked black beans](#)
- 8 ounces (225g) mushrooms
- 1 medium carrot
- 1 ½ cups (85g) broccoli florets
- 1/4 medium onion
- 2 medium garlic cloves
- 2 tablespoons (30g) olive oil or avocado oil, plus more for cooking
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder, try [homemade chili powder](#)
- 3/4 teaspoon fine sea salt
- 1/4 teaspoon fresh ground black pepper
- 1/3 cup (35g) walnuts
- 2 cups packed (85g) spinach leaves
- 1/4 cup fresh parsley, or other fresh herbs
- 1/2 cup (35g) panko or [homemade breadcrumbs](#)
- 2 large eggs or use 2 [homemade flax eggs](#)
- 1 tablespoon (15g) tomato paste
- 3/4 cup (115g) cooked brown rice

DIRECTIONS

PREPARE VEGGIES AND BEANS

Preheat your oven to **400°F** (204°C). Position two racks so you can fit both baking sheets in at once. Then, line two baking sheets with foil, parchment, or a silicone mat.

Drain the beans and spread them on one of the prepared baking sheets.

Wipe the mushrooms with a damp paper towel. Remove tough stems, then roughly chop.

Roughly chop up the carrot, broccoli, and onion into 1/2-inch pieces.

Add the mushrooms, chopped vegetables, garlic, olive oil, smoked paprika, chili powder, salt, and pepper to the food processor. Pulse until coarsely ground (10 to 20 times). Put the ground vegetable mixture on the second baking sheet and pat it into a thin, even layer.

Slide both baking sheets (beans and veggies) into the preheated oven.



Roast the beans until dry with slightly split skins, about 15 minutes.

Roast the vegetables until they look dry and toasted, about 30 minutes. Stir them a few times and press them back into a thin layer to prevent the outer edges from over-browning.

Let both the roasted vegetables and beans cool on the counter.

MAKE BURGER MIX

While the beans and vegetables roast, rinse the food processor bowl and pat it dry.

Place the walnuts, spinach, and fresh parsley into the clean food processor bowl. Pulse briefly until roughly chopped, resembling the size of breadcrumbs.

Add cooled beans and pulse 5 to 10 times until the beans look crumbly with large crumbs.

Add the roasted vegetables, breadcrumbs, eggs, and tomato paste. Pulse until everything is just combined. You want to keep some texture and avoid over-processing it into a smooth paste.

Transfer the mixture to a bowl and gently fold in the cooked rice.

COOK BURGERS

Divide the veggie burger mixture into 8 equal portions (each portion should be about 3 ¼ ounces or 90 grams). Form each portion into a patty that's about 1/2-inch thick.

Place a skillet over medium-low heat and add oil (about 1 tablespoon for 4 burgers). Carefully place the patties in the skillet and cook on each side for 4 to 6 minutes until heated through, firm, and browned. As you flip them, a few bits might fall. Gently press any loose bits back into the sides of the patties.

ADAM AND JOANNE'S TIPS

- **How to cook brown rice:** Forget the package directions and cook it like you would pasta. Fill a large pot with lightly salted water, add the brown rice, and then let it cook, uncovered, at a simmer for 30 minutes. Drain and add it back to the pot off the heat with a lid covering it so it steams for an additional 10 minutes (this method is from Saveur, making perfect brown rice.)
- **Vegan/egg-free veggie burgers:** Use 2 homemade flax eggs. See this recipe for how to make flax eggs.
- **Make ahead:** You can keep the burger mixture or formed patties in the fridge for up to 24 hours. Alternatively, you can form, cook, and freeze the patties for up to 3 months.
- **Baking the burgers:** Lightly brush with oil, then bake at 400°F for about until the patties are golden on the outside, about 30 minutes, flipping halfway.
- **Grilling the burgers:** Cooking them directly on BBQ grates can cause them to crumble. Use a cast-iron skillet with some oil to cook the burgers on the grill (indirect, medium heat is best).
- **Nutrition Facts:** The nutrition facts provided below are estimates.

NUTRITION PER SERVING: Serving Size 1 burger patty (no bread/cheese/toppings) / Calories 188 / Protein 8.3g / Carbohydrate 22.7g / Dietary Fiber 5.4g / Total Sugars 2.8g / Total Fat 8g / Saturated Fat 1.3g / Cholesterol 46.5mg / Sodium 321.2mg

AUTHOR:Adam and Joanne Gallagher

The full recipe post can be found on Inspired Taste here:
<https://www.inspiredtaste.net/36554/veggie-burger-recipe/>

Healthy Extra Moist Chocolate Cake

4.7 from 46 reviews

Author: Delphine Fortin

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Yield: 6 servings 1X

Flourless, butter free and naturally fruity sweetened... this is what this incredibly tasty and extra moist chocolate cake is all about.



Ingredients

- 7.5 oz (200g) unsweetened baking chocolate or at 70% cocoa
- 1 Tablespoon unsweetened cocoa powder
- 1/2 teaspoon baking soda
- 1 1/4 cup (200g) pitted dates, or about 10 dates
- 3 large eggs
- 1/4 cup (60ml) coconut oil
- 1 teaspoon vanilla extract

Instructions

1. Preheat the oven to 350°F (180°C).
2. In a food processor, pulse chocolate, cocoa powder and baking soda until texture of coarse sand.
3. Pulse pitted dates, then eggs, coconut oil and vanilla.
4. Transfer the batter into a 8×8 inch (20 x 20 cm) baking dish.
5. Bake for about 25 minutes or until a toothpick comes out clean.
6. Allow to cool before serving.

Nutrition

Serving Size: 8 servings **Calories:** 166 kcal **Sugar:** 3.7g **Sodium:** 103mg **Fat:** 15g
Saturated Fat: 10.7g **Unsaturated Fat:** 9.3g **Trans Fat:** 0g **Carbohydrates:** 17.1g **Fiber:** 4.7g
Protein: 6.5g **Cholesterol:** 61mg

© 2024 Del's cooking twist

<https://www.delscookingtwist.com/healthy-flourless-chocolate-cake/>